#2

TypingGuru App

GET IT ON Google Play

Easy

Health is the greatest wealth of human life because without good health no person can enjoy happiness or achieve success fitness is not only about looking good but also about feeling energetic active and positive in daily life when we wake up early in the morning and give some time to physical exercise our body feels light and our mind becomes fresh regular habits like walking running yoga or simple stretching help to improve blood circulation and keep the muscles strong many doctors also advise that thirty minutes of daily exercise is enough to maintain good fitness apart from exercise healthy food is also very important for example eating fruits vegetables grains and drinking enough water gives the body essential vitamins and minerals while avoiding junk food oily snacks and too much sugar protects us from diseases good sleep is another part of fitness because if we do not sleep at least seven to eight hours daily our body and brain cannot work properly students professionals and even elders must follow this rule for better concentration and productivity health also includes mental fitness which means keeping the mind free from stress negative thoughts and unnecessary worries reading good books listening to music or spending time with family are some simple ways to maintain mental balance in modern life people are becoming careless about health due to busy schedules fast food and irregular lifestyle this results in problems like obesity diabetes heart disease and weak immunity that is why awareness about fitness is increasing all over the world sports and outdoor games are also great ways to stay healthy because they combine fun with exercise when children play football cricket or badminton they not only enjoy but also develop strong bones flexibility and team spirit adults should also try to play some outdoor games or at least walk in the park daily good health is not a one time achievement it is a continuous process which requires discipline and regular effort if a person takes care of health from young age then he will enjoy an active and long life even in old age history shows that many successful people always gave importance to health along with their career because they knew that without fitness it is impossible to work hard and achieve big goals so health and fitness should be the first priority for every human being because it makes life meaningful happy and successful